



# Today's Lunch Choices

Build a complete meal by selecting foods from at least 3 groups, including a ½ c of fruit, vegetable, or a fruit/vegetable combination.



**Protein\***

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**Grains**

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**Milk**

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\*Also known as meat/meat alternate



**Fruit**

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**Vegetables**

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**Notes:**

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USDA is an equal opportunity provider and employer.

